

# The CCMemo

County College of Morris  
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Employee Newsletter  
September 25, 2015

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### **Professors Honored with National Excellence Awards**



Two faculty members from County College of Morris (CCM) have been selected for the National Institute for Staff and Organizational Development (NISOD) Excellence Award in recognition of the strength of their teaching and leadership skills.

Dr. Michael Paul, assistant chair of the CCM Health and Exercise Science department, and Cathleen McCormack, adjunct professor of nursing, have been chosen to receive NISOD awards this year.

Award recipients will be recognized during NISOD's annual International Conference on Teaching and Leadership Excellence, May 28-31, 2016, in Austin, Texas. Read more at <http://tinyurl.com/nbjffou>.

### **Employee Creative Leadership Club Brightens Nursing Home**

The CCM Employee Creative Leadership Club delivered beautiful handmade standing raffia ribbon bunnies (which took five meetings to complete) to the Morris View Nursing Home on August 21. Several senior volunteers, who operate a small in-house thrift shop selling items to other residents, were overjoyed in receiving the items. Proceeds from the shop go toward community service projects the home conducts.

Also, on September 11, the club donated hand-painted magnets, made with re-purposed CCM calendar magnets, to Community Hope in Parsippany, a program that serves vets in multiple capacities. The group felt it was an appropriate day to deliver patriotic crafts to vets. Each magnet was tagged with encouraging messages and gratitude for their military service. This was the second donation by the club to the non-

## **SCHEDULED EVENTS**

Where applicable, click event title for more information

### **Foundation Scholarship Golf Outing**

September 28

Rockaway River Country Club

### **Space Extreme**

October 9, 7 p.m.

Longo Planetarium

### **Shapes in the Sky**

October 10, 3 p.m.

Longo Planetarium

### **Tour of the Planets**

October 10, 5 p.m.

Longo Planetarium

### **Legacy Project**

October 15, 12:30 p.m.

Student Community Center, Davidson Rooms

### **Fall Open House**

October 17

Student Community Center

## **SAVE THE DATES**

### **Professional Day and Adjunct Faculty Orientation/Dinner**

January 14, 2016

### **Professional Days**

May 18-19, 2016

## **FRIENDLY REMINDERS**

### **Library Book Group**

The CCM Library Book Group will be discussing short stories by Oscar Wilde, including "The Nightingale and the Rose" and "The Canterville Ghost" on Wednesday, September 30, at 12:30 p.m. and all employees are welcome to attend. Free eTexts of these stories, and others by Wilde, may be found at the Project Gutenberg website at

<http://www.gutenberg.org/ebooks/14522>  
and <http://www.gutenberg.org/ebooks/902>

The club typically meets the last Wednesday of the month in the library conference room.

profit, which expressed how much the vets appreciated the key holders donated by the club in March.



### **Public Safety Offers Information on Black Bears**

In response to recent black bear sightings on campus, the CCM Public Safety Department is providing information concerning safety tips and awareness. The information was collected from the New Jersey Division of Fish and Wildlife and New Jersey Skylands Visitors Guide websites. Any sightings of black bears on campus should be reported to Public Safety so officers can respond to monitor the bear activity and alert the immediate campus population. Typically the bear will pass through the campus without incident in a short period of time. If the bear finds a food source or becomes a nuisance, the Randolph Police and the Division of Fish and Wildlife will be notified.

Black bears sightings are common this time of year and they are known to migrate through the area in search of food in preparation for denning. Females will travel roughly 10 square miles and males may go up to 50 square miles from home. They feed non-stop until September. That last month prior to denning they're consuming up to 20,000 calories a day. They will need 50 to 60 pounds of fat to sustain them through the winter months.

American black bear are approximately five feet long and vary in weight. Females range from 200 to 300 pounds and males are 350 to 600 pounds depending on age, availability of food and time of the year. They are not necessarily black, but may be brown or even cinnamon-colored. Luckily, they are much better than the brown bear at coexisting with humans. Black bears are not typically aggressive. They will usually flee when confronted. They are generally solitary animals except for breeding and raising their young.

Division of Fish and Wildlife personnel use an integrated approach to manage New Jersey's black bear population, fostering coexistence between people and bears. The most common bear problem New Jersey's residents experience is black bears getting into their garbage. Bears are attracted to neighborhoods by garbage odors, so properly

Those with questions can contact ext. 5278.

### **CCM Foundation Golf Outing**

The CCM Foundation Scholarship Golf Outing this year will be held at Rockaway River Country Club in Denville on Monday, September 28. As always, the event helps to raise funds for our scholarship program. Enjoy an exclusive course, lunch and dinner, golfer gifts and the chance to win both golf and raffle prizes.

Three automobiles will also be on the course that day and could be yours for a hole-in-one. CCM faculty and staff are able to enjoy the day for a single golfer price of \$185. For the internal invitation, head to <http://tinyurl.com/qab8fnk>.

### **Fall Job Fair Coming to CCM**

The Fall 2015 Job Fair will be held on Wednesday, October 21, from 9:30 a.m. to 12:30 p.m. in the Student Community Center, Davidson Rooms. The event is sponsored by the Office of Career Services and Cooperative Education. A list of job openings and attending employers, which currently includes AFLAC, NJ Transit, State Farm Insurance and Robert Wood Johnson University Hospital, can be found at <http://tinyurl.com/pev6szw>.

### **Volunteers Needed for De-Stress Fest**

The CCM Office of Counseling and Student Success will be presenting its annual De-Stress Fest on Tuesday, October 20, at 11 a.m. to 2 p.m. in the Student Community Center, Davidson Rooms. Those interested in helping in any way are asked to email Ariella Panek at [apanek@ccm.edu](mailto:apanek@ccm.edu), and the department will work around your schedule.

### **EOF Hosting Workshop**

The CCM Educational Opportunity Fund will host a workshop on how to use art to exercise, de-stress, reduce tension and relax your mind. No art talent is necessary and the materials will be supplied for you. The workshop is open to the entire campus community and takes place on Wednesday, October 7, from 2-3 p.m. in the Learning Resource Center Conference Room, Room 122.

### **Fall Student Workshops**

The CCM Office of Counseling and Student Success is hosting multiple upcoming workshops that are designed to help students in a number of important areas. A full schedule of Fall Semester workshops can be

securing your garbage is one of the best ways to prevent bears from becoming a nuisance in your community. More information can be found at <http://tinyurl.com/o4w7o86> and <http://tinyurl.com/pamxxhv>.

### **Upcoming Transfer Fair**

Representatives from more than 60 four-year colleges and universities will be on campus on Wednesday, October 14, from 10:30 a.m. to 1:30 p.m. in the Student Community Center, Davidson Rooms during CCM's Fall Transfer Fair, hosted by Transfer Services. Those with questions should contact [transferservices@ccm.edu](mailto:transferservices@ccm.edu) or Kari Hawkins at ext. 5142.

### **Visit CCM at the Festival on the Green**



The college will once again join in the festivities at the Festival on the Green in Morristown this Sunday, September 27, from noon – 5 p.m. CCM will have two tables at the festival to promote the college – one at the Main Stage and one by the Green. Volunteers will help spread the word about all CCM has to offer.

The festival promises to be a great time, with CCM's own Professor Joe Bilotti continuing the tradition of performing on the Main Stage with his Heart of Gold Band. Stop by and say, "Hi." You can even lend a hand to those who have already volunteered.

### **Charity 5K Coming to Campus**

The Rose House will be holding a 5K run-walk on CCM's campus on Sunday, October 11. Registration is from 8 – 9 a.m. and the event starts at 9:30 a.m. Find more information at <https://runsignup.com/rosehouse5k>. Proceeds benefit the organization's vocational and residential program. The Rose House provides programs for developmentally disabled adults.

### **Info Session for Trip to Great Britain and Ireland**

An information meeting for the CCM Spring Break/March 2016 trip to Scotland, England, Wales and Ireland will be held on Tuesday, October 20, in DeMare Hall, Room 114, from 12:30 – 1:30 p.m. The meeting will be led by Professor Craig Pilant of the History Department.

The tour has stops in London, Dublin and Edinburgh. The meeting will include information on the itinerary, schedule, costs and other pertinent matters. The meeting will also provide a look at the upcoming 2017 trip to Spain, Paris and Morocco. There is no obligation involved with coming to the meeting. Those with questions should contact Pilant at [cpilant@ccm.edu](mailto:cpilant@ccm.edu) or ext. 5605.

found at <http://tinyurl.com/nlbqly>. The following is a description of the next event.

### **Time Management Strategies**

**Tuesday, October 6, 12:30 p.m. in Cohen Hall, Room 157**

Sometimes it can be difficult to make time for all of the little things one has to accomplish in a 24 hour period. It can be common to get into a pattern of ignoring the tasks that have to be accomplished because it seems overwhelming. This workshop can assist students in gaining a realistic view on managing and prioritizing commitments and time.

### **HR CORNER**

#### **Retirement Consultations**

One-on-one counseling sessions are available as follows with state-approved representatives:

**MetLife** representative David Sharpe will be on campus on Thursday, October 15, from 10 a.m. – 2 p.m. in Henderson Hall, Room 107. Email [dsharpe2@metlife.com](mailto:dsharpe2@metlife.com) to make an appointment. He will also be on campus on November 10 and December 7.

**TIAA-CREF** representative Zhee Sarabia will be on campus on Friday, October 16, from 9 a.m. – 4 p.m. in Henderson Hall, Room 107. Call 800-732-8353 to make an appointment. She will also be on campus on November 11 and December 16.

**Prudential** representative Lily Lau will be on campus on Tuesday, September 29, from 10 a.m. – 4 p.m. in Henderson Hall, Room 107. Call 732-236-6782 to make an appointment. She will also be on campus November 17 and December 9 (appointments starting at 9 a.m.).

**Voya** (formerly ING) representative Brandon Zisa will be on campus on Wednesday, September 30, from 10 a.m. – 3 p.m. in Henderson Hall, Room 107. Call 732-326-5625 or email [brandon.zisa@voyafa.com](mailto:brandon.zisa@voyafa.com) to make an appointment. He will also be on campus October 14, November 12 and December 8.

#### **Barclays Center Offers**

The Barclays Center is offering CCM employees special pricing for upcoming events, such as Disney On Ice and college hockey games. Find more information at <http://tinyurl.com/mde49zm>.